

Abbey Action

Independent Community News



Autumn/Winter 2004

The Community Newsletter for East Barnwell/Abbey

Contact: Abbey Action, c/o East Barnwell Community Centre, Newmarket Road, Cambridge CB5 8RS

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All change for the Abbey Ward

IN JUNE this year, several of Cambridge City's electoral wards changed size. Over the years, the population in many wards had become unequal so adjustments had to be made. As a result, part of the former Petersfield Ward joined together with Abbey. The new Abbey now stretches from the Elizabeth Way roundabout to Marshall's Airport with about 3900 households - an increase of 979.

A map of the new Abbey ward can be seen on the website: www.cambridge.gov.uk/elections/wards.jpg.

Although the area is physically divided by the railway line, there is a long common history, dating back to the days of the Stourbridge Fair (re-created again this year – see inside!).

For **Abbey Action**, a community group composed of local residents and councillors from the 'old' ward, the enlargement has raised some issues, but has also created some new opportunities. For a start, the members have decided to extend the distribution of this community newsletter to the whole Abbey area. Welcome to all new readers! Three editions should arrive each year (spring, summer and autumn/winter). If for some reason you don't receive one, copies will also be left at community centres and facilities in the area.

We hope residents of Abbey make use of the newsletter and more people become involved with Abbey Action - see more inside and how **you** can get involved.



Re-creation of the ancient Stourbridge Fair



For the first time since 1933 the Stourbridge Fair took place in the grounds of the ancient Barnwell Leper Chapel on Newmarket Road. At Midday on Saturday 11 September, the Mayor of Cambridge officially opened the Fair in the presence of local people and members of the University of Cambridge, Proctors and 'Bulldogs', all dressed in gowns. Other people dressed in period costume to give the event a flavour of medieval times – when it was one of Europe's largest fairs. Some local streets are still named after the commerce associated with the ancient fair (e.g. Garlic Row, Cheddars Lane and Oyster Row).

There were demonstrations of bee keeping, plus traditional spinning and weaving. Stalls sold locally-produced apple juice, honey, fresh and smoked garlic. Inside, members of the local Priory Townswomen's Guild sold

delicious homemade cakes while handbell ringing and story telling took place. An exhibition illustrated the long and interesting history of the ancient Fair and the chapel, that was built during the reign of Henry I. As well as reviving a traditional local event, the aim was to raise money for disabled access to the building.

There's more about the history and events that take place at the Leper Chapel on the Cambridge Preservation Website: www.cpswandlebury.org.

No computer at home, no problem!

Websites listed in this newsletter are a source of useful information. If you don't have access to the Internet or a computer at home, you can always use one of the many terminals at Barnwell Road Library.

The library opening times are:

Tuesday 10.00am – 5.00pm
Thursday 10.00am – 6.00pm
Friday 1.00pm – 5.00pm
Saturday 10.00am – 1.00pm



As well as computers/internet access, the local library also provides many other things; books (children's, fiction, non-fiction, science fiction & fantasy, etc.), videos, DVDs, information etc. Events, especially for children, also take place there. If you have not visited it before, feel free to come in, browse or ask a member of staff about what's available.

If you have any crime concerns in your area and want advice or to bring these to the attention of the police, new advice surgeries are being run by David Jackson (PCSO 7064), one of the Police Community Support Officers (PCSO) for the Abbey Beat. These will be taking place **at the library** about once a month. Just call in at the library to see when the next one is taking place.

Youth activities in Abbey

A VARIETY of clubs and activities for young people continue to take place in Abbey. Youth workers and volunteers from many organizations devote many hours, often without recognition, to run activities or trips for teenagers in the Abbey area.

These include: the Scouts (Stanesfield Road), City Council's Children's Team (Reccy Rangers) and Youth Service, Cambridgeshire County Council's Youth Service, Christ the Redeemer church, Romsey Mill (based at Mill Road), City Church Cambridge, to name a few. Some take place at East Barnwell Community Centre, next door at Christ the Redeemer or at Brickfields (Cheddars Lane, near Tesco).



In addition, **The DEC** youth bus, a mobile youth club for 11-17 year olds, makes a weekly visit to Abbey – it parks along Thorpe Way on Wednesday evenings between 7-9pm. The bus is kitted out with playstations, a juke box, computer, TV & video, plus information about other activities within the Youth Service. Tel. 500224.

CT News

by (former) Abbey Reccy Ranger Lara Brettell

THE WEATHER wasn't in our favour on Ditton Fields Day at the beginning of July this year. Probably because of this, there were fewer community stalls than last year. Luckily the local children and young people weren't put off and turned up for a football tournament, bouncy castle, arts & crafts tent, under 5's area and DJ.

Sadly rain also caused a few cancellations in the first and last week of the summer holidays. Other than that we had a great summer with a wide range of activities throughout Abbey ward including making films, a super hero workshop, teddy bears' picnic, box car races, water fights, weekly sessions with The Fields Nursery and Sure Start and lots more.

The TLC (Thorpe Way Leisure Committee) group (in partnership with Romsey Mill) has started up again. TLC is a group for 10-18 year olds from Thorpe Way and Jack Warren Green that organises trips for young people from the area. Previous trips have included paintballing &

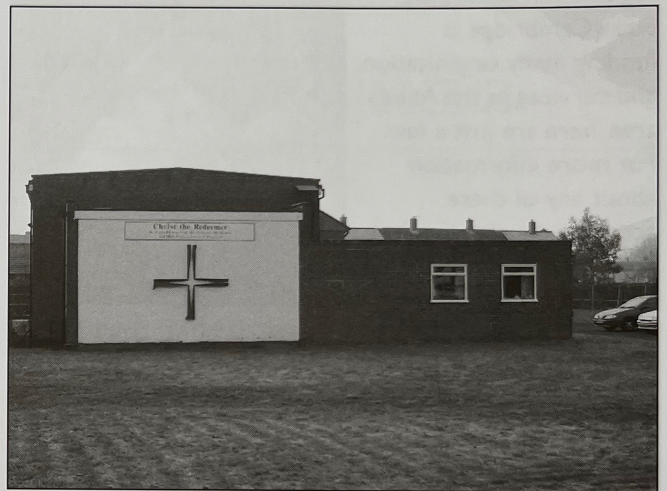
teambuilding at Mepal, fishing at Swavesey and bowling in Cambridge. We'd like to thank Debbie and Angela from the East Barnwell Community Centre and Keith from Abbey Action for use of the facilities.

I would also like to let you know that after nearly 3 years I'll be leaving my job as Reccy Ranger in Abbey Ward to work for the YMCA from the 1st of November.

I would like to thank everyone I've worked with; children, young people, families and organisations, I've had lots of fun and have loved doing my job.

If you have any queries, please phone Miranda Bailey at the Children's Team on 457873

What's PFZ?



TWO Humungously Massive Banana Splits were made and eaten to celebrate the re-start of PFZ youth club at Christ the Redeemer (formerly Holy Cross) after the summer break! So now, some of us have tried a Butterscotch, Chocolate, Cinnamon, Toffee, Peppermint, Vanilla Ice cream & Cream Soda floater and TWO Humungously Massive Banana Splits! No sign of any 'PLINK-PLINK-FIZZ' (antacid) yet either. There were over a dozen young people on the night, making up the '**composite of Banana-splitterers**' (the collective noun for a gathering of banana split makers – well it is now anyway!).

We also had; diablo, juggling balls and juggling sticks, music, plate spinning, 8-ball pool and a record-breakers' quiz game.

Well, we said that it's Back! Bigger, Better, & being run weekly during the term times, on **Saturday evenings** 7.30pm to 9pm with **loadsastuff** and all for only 50p! So if you're about 11 to 17 years old then why not pop in & see. Newcomers are welcome. Membership is limited and on a 'first-come-first-served' basis! So be fast or last!

'If in doubt – check us out.' 'Come ahead, join PFZ'.

Tom Carleton

SURE START

What is Sure Start Cambridge?

Sure Start Cambridge is a government initiative to help families with Children under 4 in parts of the Abbey and Kings Hedges areas of Cambridge. For those areas of Abbey that come under the Sure Start scheme, a registration form should be included inside this issue of Abbey Action. It is for you to complete if you have children under four years and live in any of the streets listed on the reverse of the registration form. Sure Start Cambridge is funding many organisation and services in the Abbey area, here are just a few. For more information about any of these activities contact the Sure Start Cambridge office on 471633.



Meet the New Sure Start Cambridge Programme Manager



My name is Janet Gandolfi, and I joined Sure Start Cambridge in September as the Programme Manager. I've lived in Cambridge for just over a year, working for the Strategic Health Authority on children's health. My most recent job in London was working for Islington Council as a Sure Start

Programme Manager. I set up and ran the programme, working with it for 2 years.

The area we covered had families from many different backgrounds, and Sure Start was a real chance for them to come together as a community. There were over 20 different languages spoken and many families faced real problems with over crowding and poor housing. Local parents engaged well with us and got involved in running activities – day trips, fun days, multicultural lunches, yoga sessions, and much more.

The services the programme offered included: crèches; home visiting; benefits advice; a toy and baby equipment library; midwifery; speech and language therapy; and counselling. Wherever possible, we added to what was already there, and provided what families said they needed most. This meant that we were providing services that were really valued and used. I am very much looking forward to working with Sure Start Cambridge, and getting to know everyone. I hope to support the staff, the

management board, and service providers in partnership with local families; building the great progress that has already been achieved.

Abbey and Kings Hedges are very different from Finsbury Park, and I plan to spend time getting to know the area, and the families who live there.

I am certainly looking forward to meeting local families so why not take this opportunity to complete the registration form. While I cannot promise to get it right all the time, it is my intention to be sensitive to local need, and to ensure that the programme continues to develop and grow.

Splash & Swim at Abbey Pool

Free swimming sessions for Sure Start registered families, Tuesdays 1.30-3 in the Learners pool.

Bring your membership card.

Stair gates and Fire Guards

Sure Start Cambridge is able to provide excellent stair gates and fire guards for just £5 to all Sure Start registered families.

Smoke Alarms

Sure Start Cambridge is working in partnership with the Fire Service to ensure that smoke detectors with 10 year batteries are fitted in the home of every Sure Start Cambridge families home. Give us a call and we will arrange for the fire service to contact you to arrange a time when they can visit you at home, to offer and advice and check or install smoke detectors in your home free of charge.

Four FREE Energy Saving Light Bulbs for Every Sure Start Cambridge Family

Sure Start Cambridge is working in Partnership with London Energy and has been given a large quantity of energy saving light bulbs

- ❖ Energy saving light bulbs last 15 times longer than standard light bulbs
- ❖ They use 80% less electricity than standard light bulbs
- ❖ A low energy light bulb used for 50 hours cost less than 7p
- ❖ You can save between £5 and £10 a year for EACH light bulb fitted

To collect your 4 FREE energy saving light bulbs for your family just pop on to the Sure Start Cambridge office in Wadlows Road and pick them up or call Cambridge 471633 to arrange delivery or collection from a venue close to you.

What's on at The Fields Early Years Centre

'Mondays Together'

A family support drop-in has just been launched in the Abbey at the Fields Early Years Centre, called 'Mondays Together', offering family support for parents with their children aged 0-3 years. There are two separate sessions on a Monday. In the morning between 10.00am – 12.30pm the session is for parents with children aged 0-3 years. In the afternoon the session is specifically for parents with babies (non walking) between 1.00pm – 3.00pm. For more information call Lynn on 508144.

Music Group at The Fields Early Years Centre

Every Friday lunchtime between 12.30pm – 1.15pm come and enjoy a 'tuneful' session with singing and music with your small children and babies. For more info call 518333

Breastfeeding Support Drop-in

Attend the Breastfeeding drop in at the Fields Early Years Centre on Tuesday afternoons where there is always someone available to offer support and advice between 1.30pm – 3.00pm. Sure Start Cambridge has a team of Breastfeeding volunteers who can offer mothers individual support. If you breastfeed your child and are interested in becoming a breastfeeding volunteer please contact Rachel or Judy at the Sure Start Cambridge office.



Family Drop in at the Fields

Every Monday afternoon at the between 1.15pm – 3.15pm

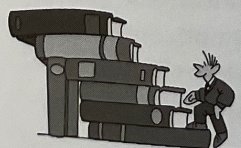
Time for You on Tuesdays

Family drop-in every Tuesday at the Fields Early Years Centre, Galfrid Road between 2.45pm – 4.00pm. Come along and have a chat and a cuppa. One of the East Barnwell Health Centre Team will be available during the session.

What's on at Barnwell Road Library

Baby Rhymetime (0-18months) every Monday between 10am – 11am. Sing songs, choose books and chat to new friends. For the Older Children there is Toddler Storytime (18months to 4 years) every Thursday afternoon between 2.15pm – 3.00pm. Listen to stories, sing and make pictures.

For more information
call Anna on
0798 6498825



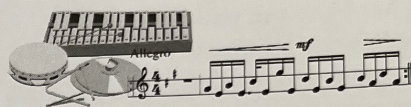
What's on at the Old Ditton Fields Nursery

Rhyme & Story Group

Every Wednesday between 10am – 11am at the Old Ditton Fields Nursery in Wadloes Road is a Rhyme and Story group for children and parents/carers to enjoy an hour of Rhymes and stories together. For more information contact the Sure Start Cambridge office.

Music Time

Songs, Rhymes and music for small children and babies. Tuesdays, 10am-11am. Old Ditton Fields Nursery, (next to McDonalds), Wadloes Road. Contact Sharon on 01223 721766



Exercise Class

Exercise to Music with a crèche, for Sure Start registered parents/carers, Wednesdays from 1.15-2.15pm. Members will set goals to reach before Christmas. Call 471633 to book. Old Ditton Fields Nursery, (next to McDonalds), Wadloes Road.

Barnowls

Lots of toys and fun for children aged 0-5years. Barnowls offers a very friendly atmosphere. Come along have a coffee and a chat and make some new friends. Children are guaranteed a fun filled morning. Every Thursday between 9.30am – 11.30am at the Howard Road Baptist Church, for more information call Sharon on 721766

ABC (Adults, Babies and Children)

Every Friday morning a free session for families with children aged 0-4yrs, between 9.30 – 11.30 at Christ the Redeemer, Newmarket Road (formerly Holy Cross).

ABC is a friendly bunch where new faces are always welcome. Drop by for coffee and a chat, while your little ones enjoy our outdoor play area or have a go at arts and crafts, songs and parachute games. There's even the ABC "Big Weigh – In" for all you weight-watchers out there, after we've had our coffee and biscuits, of course! (Healthy snacks are available too) so why not come along and visit! For further details call Ank 368150 or Alex 511504.

LOCAL GROUPS & ACTIVITIES IN ABBEY

The East Barnwell/Abbey area has an exceptionally large number of clubs, community and sports groups. Here are details of just some of the 60+ clubs and groups that offer a variety of activities for all ages and interests. Unfortunately we don't have enough room to mention them all in this edition!

East Barnwell Community Centre

on Newmarket Road continues to be one of the area's most used community facilities. The Centre has been run entirely by local people since it became independent a few years ago. All kinds of groups meet there, such as See-Saw Playgroup, the Steiner Kindergarten, Brownies, Keep Fit and Yoga groups, various youth clubs, Priory Townswomen's Guild and several over-60's groups. For more details just call in at the Centre, open on weekday mornings, to see the notice boards or enquire. The office number is C. 211945 or email eastbarnwellcc@hotmail.com.

Abbey Action's community worker, Keith Jordan, is also based at the Centre, part-time, and can provide other information about local groups and activities in the area. Phone Keith on C. 517259, email abbeyaction1@tiscali.co.uk or write to Abbey Action, c/o East Barnwell Community Centre, Newmarket Road, Cambridge, CB5 8RS. As people often call in to enquire about local groups it's useful if club organisers send in current details of their activities.

'CITY BUS' parents and baby/child group

(for 0-3 years), meets every Wednesday 10am until 11:30am at **Brickfields Hall**, Cheddars Lane, off Newmarket Road. Craft & games areas, refreshments, singing time and outings.

All welcome.



Brownies go parachuting!

The 10th Cambridge Brownie group is now the proud owner of a new colourful parachute - for games, not jumping out of planes! This was paid for using an Abbey Action grant. The group meets on Monday evenings at East Barnwell Community Centre. Phone Mrs Ross on 01223 860872 for more details.

Pantomime time, with Abbey Community Theatre

You've seen the movie, you've read the book (well, maybe at school) but soon will be your chance to watch a live performance of **TROY: THE PANTOMIME**. It will be presented by local group, Abbey Community Theatre, and members of Kidz Kast, at Abbey Meadows Primary School from **24th to 26th February 2005**.

The cast of eccentric characters includes heroes of the past such as Agamemnon and Odysseus, supported by their, perhaps less well known, scientific advisor Bophinopholus (the Ancient Greek equivalent of 'Q'). A trio of inefficient soothsayers, Doom, Gloom and Optimistius conspire to muddy the action, while the love interest is supplied, of course, by Prince Paris of Troy and Helen of Sparta 'the face that launched a thousand dredgers!'.

Featuring the world's first Beauty Contest, and narrated by Homer himself, assisted or rather hindered, by his wife Marge, this epic tale promises an evening of fun for the family.

More information may be obtained from the director, Glynis Arber (01223 570887), or why not come along and speak to A.C.T. in person. We meet on Friday evenings, from 7.30pm at Abbey Meadows Community Wing, off Galfrid Road.

STOP PRESS: New Group Started!!!!

The Fields Toy Library has just opened.

It takes place **every Friday** at

The Fields Early Years Centre

(next to Abbey Meadows School, off Galfrid Road).

9.30 - 11.30am

The library provides an exciting range of toys for children aged from birth to five years. Membership is open to all parents, carers and childminders.

Free refreshments available.

Contact Tish or Sheri, Play & Learning Development Officers on Tel: 07884 734576 & 07799 113623.

Supported by Cambridge SureStart

East Barnwell Friendship Club

The long-running Club has continued to organise many social events this year – from tea parties to speakers. "Our first outing of the year, to Cadbury's World, was a great success" said Cyril Tyler from the group. "The summer outing involved a train ride from Holt to Sheringham, where we spent the rest of the day." They have more events and outings planned right up to Christmas and beyond. If you are interested, why not come along on a Thursday afternoon at East Barnwell Community Centre, Newmarket Road, 2-4pm, where you will be most welcome.

Cyril Tyler

Priory Townswomen's Guild



On a sunny day in August, members of the Guild enjoyed a trip to Bury St Edmunds. Following a tour through Newmarket and surrounding countryside, members were able to shop or visit the Abbey Gardens to admire the colourful display of the flowerbeds. Later, everyone met at the Cathedral Refectory for a cream tea.

Thanks to the Abbey Action Group for the grant that made this trip possible. The Guild meets the second Wednesday in the month at 7.30pm in East Barnwell Community Centre. If are interested in joining, please contact Beryl Frost on (01223) 292131.

Lillian Barker

Forget-Me-Not Club

New members are welcome to join the Club that meets on Friday afternoons, 2-4pm, at East Barnwell Community Centre. It's a chance to get out and enjoy the good company of other local people. The club organise a range of social activities, such as bingo and tea parties. As well as their own outing to Great Yarmouth, they also go on many other coach trips together, such as the Abbey Action outing and the Mayor's Day Out. Their next big event is the Christmas party at the Brook House, Soham.



TAXI GALLERY ~ ODD SATURDAY ART CLUB

It's been a busy year for Taxi Gallery on Stanesfield Road with many eye-catching exhibitions and a series of artist's workshops with children from Abbey Meadows



School, including miniature paintings, street poetry and the very popular model passengers - all made from junk and sticky tape!

Taxi Gallery has now gained support from Cambridge City Council for a Saturday morning Art Club for ALL AGES from 10 to 80! Children under 10 must be accompanied by a parent please. There are lots of good quality art materials to play with in an informal and friendly atmosphere and each session will be led by an artist who will demonstrate a particular technique or idea. These have included drawing exercises and games 'taking the fear out of drawing' and making traditional German tree decorations and gifts.

Sessions take place on Saturdays between 11 am - 1pm at the Scout Hut on Stanesfield Road.

All sessions are free but places are limited so call **Kirsten** on **01223 576017** to confirm your place. Taxi Gallery has its own website at www.taxigallery.org.uk where you can find details of all future and previous exhibitions.

Kirsten Lavers

The Royal British Legion needs your help

Armistice Day, Remembrance Sunday and the annual Poppy Appeal may have gone for another year, but the work of the Royal British Legion continues throughout the year.

The CAMBRIDGE CITY BRANCH is in need of members to help them in their work to assist any service or ex-service man, woman or family in need. They meet the first Friday of every month commencing at 7.30 p.m. at the **Joint Services Club, Barnwell Road** (entrance via Barnwell Drive). The evening consists of Legion business, plans for future events and arrangements for the Annual Poppy Appeal.



The cost of membership to the British Legion is £10 per annum as an Ordinary Member or as an Associate Member. This includes a monthly magazine detailing all aspects and activities of the Legion. For more information about the Branch, phone 01223 367341.

If you can help in anyway, your assistance will be most appreciated!

Cambridge Sea Cadets

The Sea Cadets unit based in Cheddar's Lane is looking for more members. It runs activities for 10 to 18-year-olds, male and female, on both land and water – football, swimming, target shooting, expeditions, seamanship training, etc. The unit has canoes and two boats it uses on the River Cam and sailing craft based elsewhere.

Call (01223) 578331 or email:

cambridgecadets@tiscali.co.uk for more information.

Do you want a healthier lifestyle? . . .

Whitehill Allotments Society can help!

If you are looking to improve your health and eating habits, taking on an allotment can be a very good start. As well as an abundance of fresh vegetables, fruit and flowers you will also get plenty of exercise (for very little cost compared to expensive gym fees!). Plots are available to rent from Whitehill Allotment Society.

To help keep the costs down further, the Society also has a good range of discounted gardening products. Interested? Just call in at the Society's shop, off Elflada Road, between 10-11am on Saturdays and Sundays.

Advice Surgery

Anne Campbell, your local Member of Parliament, holds regular advice surgeries at Christ the Redeemer church (formerly Holy Cross), Newmarket Road, next to East Barnwell Community Centre. These take place on 3rd Friday of each month, 4-5pm. To make an appointment, contact 01223 506500. A local councillor from the Abbey Ward will also be on hand to help with local problems.

CAMTAD Hearing Help Sessions for 2005

Cambridge Campaign for tackling Acquired Deafness runs sessions where volunteers clean, check and re-tube NHS hearing aids and advise on regular maintenance and best listening conditions. They also loan out equipment and can help with hearing doorbells, telephone, television and household alarms.

These will take place at **East Barnwell Health Centre**, Ditton Lane (*not to be confused with East Barnwell Community Centre*) the first Wednesday of every month, from 9.30am to 12 noon; 5th January, 2nd February, 2nd March, 6th April, 4th May, etc.

No appointment necessary. Tel. C. 416141

FREE VOLUNTEER TRAINING COURSE

A six-week training course for volunteers to help the hearing impaired starts on Monday 7th February 2005. It will run one morning a week on various mornings. It covers subjects such as the ear, types and causes of deafness, NHS hearing aids, procedures for assessments, communication methods, etc.

If you are interested or would like to discuss it further please phone or fax Sue Hempstead on 01223 416141 or write to her at 8A Romsey Terrace, Cambridge, CB1 3NH.



Photo taken by Paul Hateley



Memories of Abbey and East Barnwell

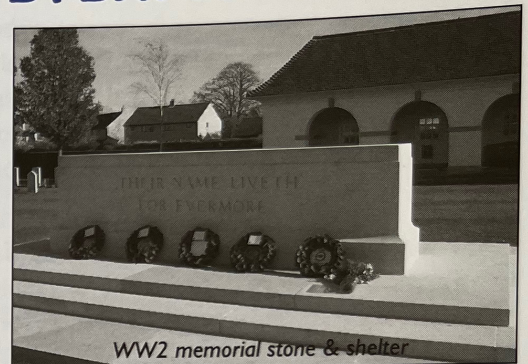
Were you there?

There is a long tradition of community away-days and outings in Abbey. Abbey Action's annual summer outing for residents continues this tradition. Mr Summers of Rawlyn Road kindly sent us this photo of people gathering for a **Peverel Tenants** day outing to Wicksteed Park in 1952. Do you recognise yourself or a family member?

THEIR NAME LIVETH FOR EVERMORE

November is the traditional time we remember those people who lost their lives in the two major World Wars and other conflicts. Commonwealth war cemeteries exist in many parts of the world, but many people may be aware of the memorials and 1000 Commonwealth war graves in Cambridge City Cemetery, also known as Newmarket Road Cemetery, in Abbey. These are just some of the 170,000 servicemen and women killed on active service, during training accidents, or because of sickness or disease in the United Kingdom.

The 829 Second World War graves are mainly contained in two Plots - the general Service plot, established in 1940, and the Air Force plot, in 1942 for the burial of casualties from the Air Force stations set up in the eastern counties during the war. These included Bomber Command bases in Lincolnshire and fighter stations in Norfolk and Suffolk. The Stone of Remembrance standing near the centre of this plot was unveiled by Lord Tedder, Marshal of the R.A.F, in July 1951. The cemetery also contains 181 Commonwealth burials from the First World War.



WW2 memorial stone & shelter



WW1 memorial cross

A walk around the memorial garden is a moving experience at any time of year. The following are typical of the engravings on the headstones.

J.D. MADDEX, Royal Air Force, 17 Nov 1943, Age 21. **Sergeant K.J. SMITH**, Navigator, Royal Air Force, 18th July 1944, Age 21. **Flight Sergeant D.L. MITCHELL**, Royal Australian Air Force, 11th November 1944, Age 21. **Sergeant G.R. LAKE**, Navigator, Royal Air Force, 17th January 1945, Age 31. **Flight Sergeant C.E. GARDNER**, Royal N.Z. Air Force, Wireless Operator/Air-Gunner, 4th March 1945, Age 24.

We thank the Commonwealth War Graves Commission for some of the information. Their website www.cwgc.org/cwgcinternet/search.aspx can be used to trace the graves of relatives. You can access this on one of the computers at Barnwell Road Library.

Local church services in December

- | | |
|----------------------|---|
| Dec 19 | 10.30am - Christingle service at Christ the Redeemer |
| | 4.00pm - Carol Service at Barnwell Baptist Church, Howard Road |
| | 6.30pm - Carols by candle light with Cottenham Brass Band at the Leper Chapel |
| Dec 22 | 3.30pm - Crib Service at Christ the Redeemer. All children welcome - come dressed up as an angel or a shepherd! |
| Christmas Eve | 11.30pm - Midnight Mass at the Leper Chapel |
| Christmas Day | 10.30am - United all-age Christmas Service at Barnwell Baptist Church |
| Dec 26 | 10.30am - Christmas meditation at Christ the Redeemer |

City Church -

Christmas Activities

Sunday 19th Dec,

Family friendly service
(produced by the children of City Church)
10:30am until 12 noon,
followed by Carol singing outside
Tesco's, Newmarket Road.
6pm until 7:30pm.

Traditional carol service produced by Head of Music,
Kings School, Cambridge at Brickfields Hall,
Cheddars Lane, off Newmarket Road.

REDUCE - RE-USE AND RECYCLE WITH CAMBRIDGE SOFA

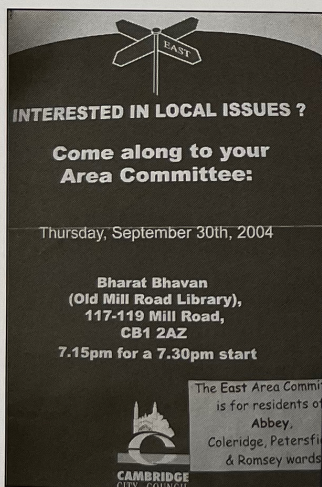
Is it time to upgrade your cooker? Are you bored of the blue sofa and fancy a change? If they still have some life left in them don't dump them, we need them and can take them away for free!

SOFA is a not for profit, furniture and electrical recycling project. We collect good quality unwanted furniture, electrical and household items in order to pass on at very low cost to those who are unable to buy new. Cambridge SOFA offers a free, prompt and reliable collection service in Cambridge. Just call 01223 576535 to arrange a collection.

Anyone on a low income or in receipt of benefits can purchase furniture from SOFA. Just bring along proof of benefits and some form of ID and we will issue you with a membership card! Come and visit the store at Unit H, The Paddocks, Cherry Hinton Road, Cambridge, Monday to Friday between 10am and 3pm.

We are always looking for volunteers, so if you fancy driving a van, answering the phone or helping in store give us a call to find out more! We look forward to your call or seeing you in the store.

What's the East Area Committee?



A number of Cambridge City Council's decisions are now delegated to four Area Committees. Residents of **Abbey**, Coleridge, Petersfield and Romsey wards are welcome to attend the **East Area Committee** meetings, held about every 2 months.

Residents have a chance to ask questions about local issues to a panel of local Councillors representing

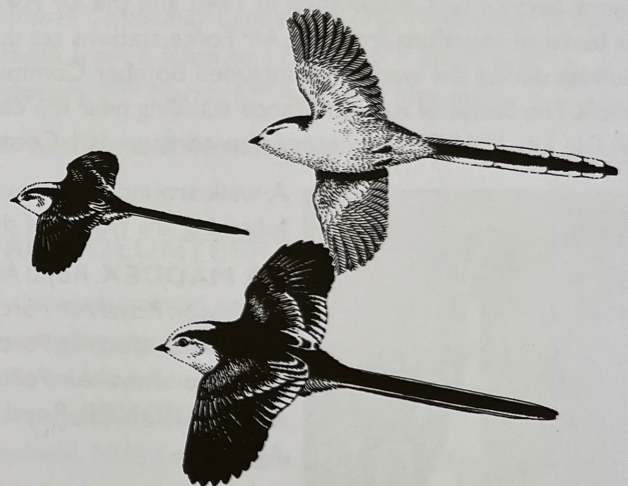
these wards. Local planning applications are also considered and the councillors make decisions about Community Development and Leisure grants. Constituted voluntary and not-for-profit organisations, groupings of local residents and partnerships can apply for these grants. They are especially targeted at disadvantaged areas and groups. If you have an idea for a project or funding, please contact Chris Freeman on C.457862.

Contact Committee Services on Tel; 457012 for details of forthcoming Area Committees and where they are to be held. Details are also posted on the website: www.cambridge.gov.uk/councillors/area_committees.htm Dates for meetings in 2005 include, 20th January 2005, 17th March and 12th May (venues not known yet). People should arrive at 7.15pm for a 7.30pm start.

ABBHEY'S GONE WILD!

In the last edition we asked for people to send in wildlife sightings they may have seen around the many green spaces in the area (Coldham's and Stourbridge Commons, Ditton Meadows, Barnwell Local Nature Reserves, back gardens, allotments). We didn't get many replies, but those we received were excellent - thank you!

Kingfishers, Green and Great-spotted Woodpeckers, Long-tailed Tits, Pied Wagtails, Lapwings, Chiff Chaffs and other types of warblers, Redwings, Muntjac Deer and Water Voles were just some of the observations. One person supplied a detailed list together with many photos of birds, orchids and other wild flowers they had seen on Coldham's Common. Two residents from Ekin Road sent in a detailed list of birds, including a less common Nuthatch, seen in their back garden. They won the £25 prize draw, but have kindly asked for it to be given towards a wildlife project at a local school.



Long-tailed Tits – look out for these tiny birds around the Abbey area over the winter months. They are less common than the Blue-tit but often visit gardens in small groups, moving quickly from one garden tree to another looking for insects and spiders. They have even been seen in the ornamental cherry trees outside East Barnwell Community Centre, oblivious to the busy traffic passing along Newmarket Road! They have white, pinkish and black feathers and a tail that is longer than their body! Thanks to English Nature for supplying the picture.

If anyone else has sightings (common or rare) please continue to send them to Abbey Action.

Information in this newsletter is supplied in good faith and is accurate to our best knowledge.